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TEE TIME

THE FOREST CITY HAS SOME OF THE BEST LINKS IN THE PROVINCE, AND OUR GOLF GUIDE WILL GET YOU IN THE SWING OF THINGS IN NO TIME PAGES 15-22

LONDON metro®

Wednesday, April 11, 2012

News worth sharing.

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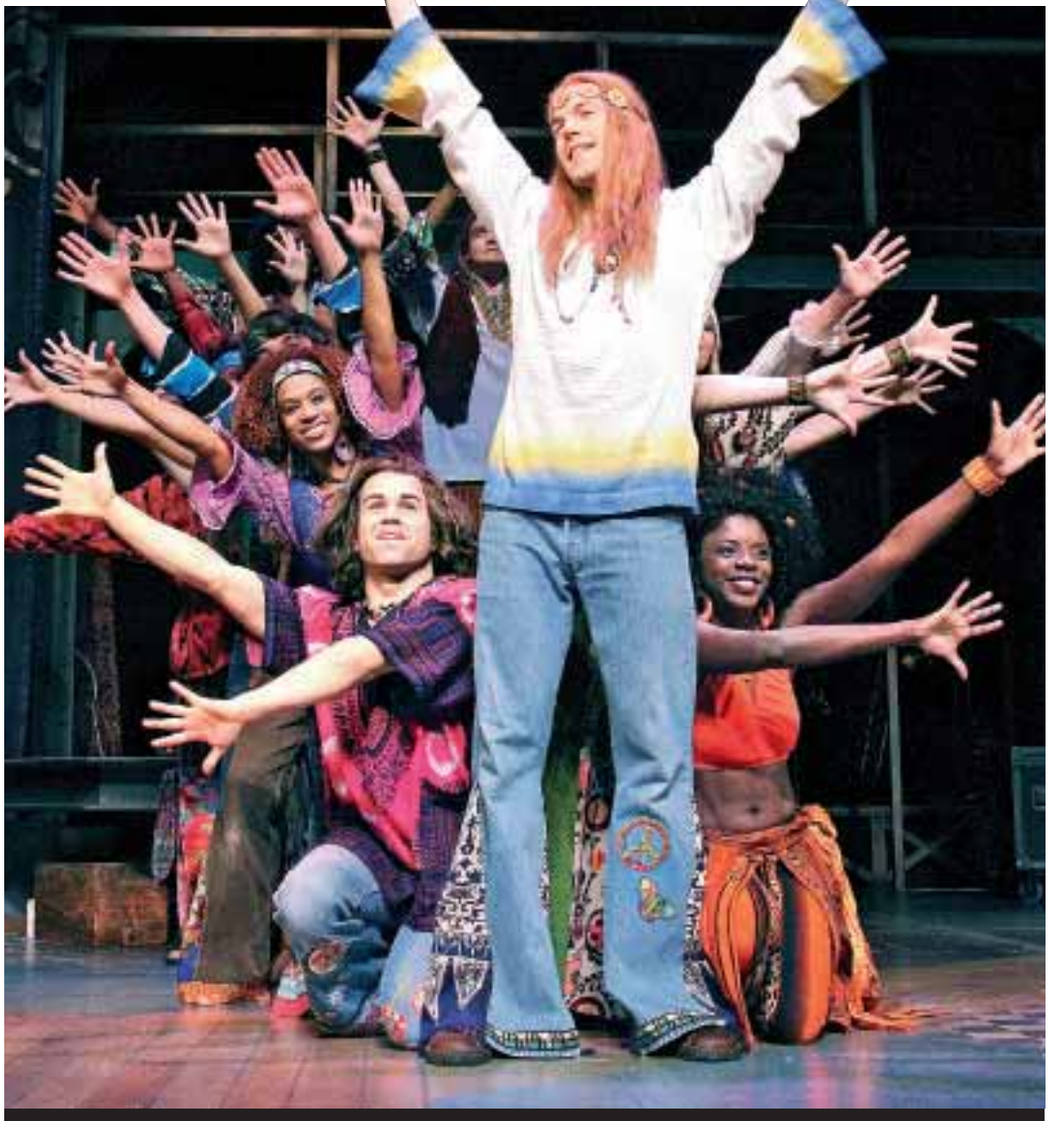

THE '60S ARE HAIR AGAIN

The 16-member cast of Hair performs at the Grand Theatre on Tuesday. The show, directed by Susan Ferley, the Grand's artistic director, captures the contagious spirit — and conflict — that defined 1960s America. Ferley was inspired to bring the show home after seeing a 2009 production in New York. Hair will be on the Grand's main stage through May 13. Ticket information is available at grandtheatre.com or 519-672-8800. ANGELA MULLINS/METRO

It's about Thames

Council OK's Forks of the Thames project. Improvements expected to start in May and be completed by fall

Just do it

"We approved the project a long time ago. Let's get this work done."

Coun. Harold Usher

ANGELA MULLINS
angela.mullins@metronews.ca

An upgrade of nearly $500,000 to the Forks of the Thames fountain is moving ahead.

City council voted 11-3 on Tuesday to have staff hash out a contract with an Ilderton company for the work in Riverside Park. Refurbishments will include seating, coloured concrete walkways and LED lights to highlight the fountain. Improvements will also be made to the walking and cycling path at the underpass near Dundas and Queens streets.

The project was approved in 2010, but delayed. Money for the work is included in the 2012 budget.

Still, some councillors are concerned about the spending. Coun. Matt Brown, who voted against moving ahead, was the most vocal, saying the cost doesn't "line up" with "long-term fiscal management."

City finances are much different from when the previous council approved the upgrades, he said.

"We're in a new reality. I think we need to recognize that (budgets without tax increases) have repercussions. I think we need to accept that we can't have more for less."

Councillors Denise Brown and Paul Van Meerbergen also voted against the measure.

Mayor Joe Fontana warned councillors that the city's credibility is on the line when it comes to accepting bids, then second-guessing projects.

The work, he said, is one piece of a bigger plan designed to draw more people downtown.

"We're going to enhance the look around the Forks," Fontana said. "That's what we've been talking about for at least a year and a half."

The puck stops here

Pens? Flyers? Caps? With the Leafs knocked out of the running, who should Londoners root for?

NHL PLAYOFF PREVIEW: PAGES 3, 23

Nyuk, nyuk, nyuk

The star of the upcoming Three Stooges movie talks about the enduring appeal of slapstick.

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NEWS

On the web

Site raising money for shooter

An attorney for George Zimmerman confirmed the authenticity of a new website that allows supporters to raise money for the neighbourhood-watch volunteer who has admitted to fatally shooting an unarmed black teen in Florida. Go to metronews.ca for the video and full story.

Real or fake?

A video of an adorable golden retriever rescued from a pool by its mother has made its way to the top of many bloggers' watch lists — not necessarily for the cute antics, but because of skepticism about the video's authenticity. Watch at metronews.ca

Mobile news

One of the best-kept secrets in TV has been revealed: The Simpsons creator Matt Groening has come clean on his inspiration for the animated hometown of Homer and family. Scan the code for the story.

Skaters to share the spoils of hosting the world

Light Up London. Project aims to spread dollars from 2013 World Figure Skating Championships to small businesses

ANGELA MULLINS
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Organizers of the 2013 World Figure Skating Championships have launched a new initiative aimed at taking the event out of downtown London and sharing its impact with the community at large.

Called Light Up London, the effort is designed to ensure businesses in all reaches of the city see a boost when the event unfolds March 10-17 at the John Labatt Centre.

Skate Canada CEO William Thompson said the project — the first of its kind for his organization — is designed to "alleviate a complaint you often hear about large sporting events."

That complaint, he said, comes largely from business owners who claim event ticket-holders never make it through their doors.

Businesses that pass the application process for Light Up London — and pay a yet-to-be-determined fee — will be given special signage and decorations that connect them to the larger event. "It's really primarily for bars, restaurants and small-service providers," Thompson said.

The effort was announced Tuesday as representatives of about 100 businesses gathered at the London Convention Centre for a sponsorship breakfast led by Skate Canada.

Wooing sponsors is a key part of meeting the skating championships' budget of $10 million, Thompson said. So far, one local corporate sponsor — White Oaks Mall — is on board. Skate Canada is in talks with others, he said, though Tuesday's breakfast marked the first big sponsorship push.

Sponsorship

- Sponsorship packages for the 2013 World Figure Skating Championships range from $4,000 to $60,000. Details about tickets and getting involved as a sponsor or volunteer are available at worlds2013.ca.

Ice-dancing pair Tessa Virtue and Scott Moir speak to the media Tuesday at the London Convention Centre. Virtue and Moir, who reclaimed their world title during this year's competition in Nice, France, are Skate Canada's ambassadors for the 2013 event. ANGELA MULLINS/METRO

12 days of cleaning to green Forest City

Jana Clayton, left, and Erin Helm, both solid-waste technicians for the City of London, toss everyday garbage items into the back of a truck Tuesday at the EnviroDepot. JOHN MATISZ/METRO

Conversations about environmental concerns usually include the adage less is more. For the London Clean and Green program, they're taking an opposite approach: The more the merrier.

"It really is a social duty for citizens of London, or any community for that matter, to get out and do something to help clean up," said Ron Scarfone, co-founder of the 12 Days of Cleaning initiative, a branch of Clean and Green.

In partnership with the City of London, various community organizations are teaming up to continue a 17-year tradition. Beginning with Tuesday afternoon's launch event at EnviroDepot, there will be a new environmental focus each day until April 22.

Next Wednesday is reserved for electronics recycling in the Forest City, a matter Jay Sandford, the city's director of environmental programs and solid waste, believes is a major issue.

"There are homes for electronics, there are homes for recyclable materials," Sandford said. "People just need to be aware and need to act accordingly."

Back in 1996, Scarfone and Mike Smith, manager and owner of Joe Kool's restaurant, co-founded the project along with 30 of their employees. Now, 12 Days involves a good 10,000 volunteers. JOHN MATISZ/METRO

Community clean-up

- **Date/Time:** April 21, 9 a.m. – 12 p.m.
- **Duties:** Pick up garbage, remove graffiti, plant trees
- **More information:** London Clean and Green on Facebook

Ontario budget

Liberals call NDP budget demands a 'spending spree'

The NDP's list of demands in exchange for supporting the Liberal budget — and avoiding another Ontario election — was dismissed Tuesday as a "spending spree" by the cash-strapped minority government.

NDP Leader Andrea Horwath added a $250-million job-creation tax credit and help for the horse-racing and tourism sectors to her list of demands.

Premier Dalton McGuinty rejected the NDP's call to help the horse-racing industry, and added none of the other NDP ideas focused on how the government could save money. THE CANADIAN PRESS

Job creation

Western, IBM partner up on new research centre

Western University will soon be home to the world's first virtual IBM Canada Research and Development Centre.

The initiative will create 145 new jobs, according to a release issued by Western on Tuesday. It was not immediately clear how many of those jobs would be located in London, although officials have indicated they will be scattered across Ontario.

The centre will see researchers from a number of universities working on multiple projects, including health care, water conservation and energy management. AM980/AM980.CA

Townhouse fire

Family escapes blaze that destroys home

Damage is estimated at $100,000 after fire destroyed a townhouse unit on Bridle Path. District fire Chief Wayne Brown said a family of five managed to get out safely. AM980/AM980.CA

Hockey. NHL playoffs conundrum: Who do Knights fans cheer for?

When the puck drops Wednesday night in Philadelphia, the NHL's second season will have officially begun, as the Flyers and Pittsburgh Penguins face off in the earliest of three opening-night matches.

And while the current edition of the London Knights is very much entrenched in its own playoff run, hockey fans in the Forest City will surely be looking for a professional team or two to latch onto in the coming months.

The Washington Capitals are the easy choice since local ties abound. Dale Hunter's switcheroo, going from behind the Knights' bench to the Capitals' back in late November, is just the starting point. Washington also boasts three alumni — John Carlson, John Erskine and Dennis Wideman — who all patrol the blue-line for Hunter.

If the seventh-ranked Caps plan on making a splash in the Eastern Conference, though, they'll probably have to overcome the defending Stanley Cup champion Boston Bruins and alumnus Chris Kelly.

If that's not tough enough, likely waiting on the other side will be the top-ranked club in the east, the New York Rangers. Two members of the 2005 Memorial Cup-winning Knights team — forward Brandon Prust and rearguard Daniel Girardi — represent two-thirds of the alumni contingent currently calling the Big Apple home. The other is reliable defenceman Michael Del Zotto.

Washington Capitals head coach Dale Hunter.
NICK WASS/THE ASSOCIATED PRESS

Westward, with past Knight Kyle Quincey on defence and London being a short drive from Hockeytown, Detroit is a favourable option.

The No. 5-seeded Wings will battle the Nashville Predators and that club's sole local connection, former first-overall import selection Sergei Kostitsyn, in arguably the most intriguing first-round matchup.

JOHN MATISZ/METRO

Lawyer calls in sick

Court delays Rafferty trial

The trial of a man accused of killing Victoria Stafford didn't sit Tuesday because one of the lawyers was ill.

Superior Court Judge Thomas Heeney told jurors that Michael Rafferty's lawyer Dirk Derstine is sick with the flu.

The trial is set to resume Wednesday with forensic testimony.

THE CANADIAN PRESS

March of Dimes

Walk 'n' Roll at Masonville Mall

On Sunday, March of Dimes Canada will hold its third annual Walk 'n' Roll fundraiser at Masonville Mall.

Members of the London & District Stroke Recovery Association will be walking the mall to raise money and awareness for Stroke Recovery Canada. For more information, email gwoticy@marchofdimes.ca.

METRO

Brian Rhoden, supervisor of the Crouch branch library (550 Hamilton Rd.), poses alongside the third paper sculpture to be left anonymously at a London library. The first book was found March 26 at the central library. ANGELA MULLINS/METRO

More enigmatic art pops up at library

Biblio-mystery. Anonymous sculptures leave staff scratching their heads

ANGELA MULLINS
angela.mullins@metronews.ca

The third instalment in a series of books-turned-sculptures has arrived at the London library.

The Crouch branch (550 Hamilton Rd.) is the latest recipient of an anonymous work featuring a three-dimensional tree crafted from the pages of what appears to be an art book. Cutouts of paper sculptures — including an intricate Buddha — have been hung from the trees branches.

"It's a very interesting piece," branch supervisor Brian Rhoden said as he surveyed the book Tuesday morning. "It took some time (to create)."

The book — mounted on a piece of wood — was sitting on the circulation desk when staff arrived Saturday morning, Rhoden said. There was no note of explanation — true to form for the artist who now has librarians looking for a hidden gem every time they unlock the doors.

Staff at the central library discovered the first creation March 26. Using the pages of what looks like an encyclopedia or science manual, the artist fashioned a palm tree as the centerpiece and scattered cutouts of seals around its base.

The second work was found March 28 at the library's Landon branch (167 Wortley Rd.). It's actually made up of two books — one that serves as a base with another that's been set inside and intricately carved.

Library administrators said they have no leads on who is responsible for the gifts, but rumours are circulating that a similar piece was found at an art venue in St. Thomas.

"I guess it kind of begs the question: What's next?" Rhoden said.

Quoted:

"To turn books into artwork, it's like another lease on life."

Brian Rhoden, supervisor of the Crouch branch library

Alleged stalker

Quebecer begged actor to marry her, police say

A Canadian actress accused of stalking Alec Baldwin sent him a string of emails begging him to marry her, police say.

Genevieve Sabourin was arraigned on aggravated harassment and stalking charges after her arrest in New York City.

Police said Baldwin and Sabourin met a decade ago on a movie set.

Sabourin travelled from her home in Quebec to New York City, then began sending Baldwin desperate emails, police said.

Baldwin posted a Twitter message about the episode Tuesday, writing, "Isn't it odd when an accused stalker is in handcuffs, being taken away by the cops, yet smiles for the cameras?" THE ASSOCIATED PRESS

Woman kidnapped

Man seeks to appeal his conviction

A New Brunswick man found guilty of abducting a woman and sexually assaulting her for almost a month argued Tuesday that his conviction and sentence should be overturned.

Romeo Cormier, 64, told the provincial Court of Appeal in Fredericton he was not properly represented by his lawyers and the trial judge made errors.

Cormier was sentenced to 18 years in jail last August for abduction and sexual assault.

The woman testified Cormier grabbed her at knife-point outside a Moncton, N.B., shopping mall.

She was able to escape when Cormier left to go to a food bank. THE CANADIAN PRESS

Good for business

Skilled migrants will get a break: Feds

Ottawa has announced a new immigration program it says will make it easier for Canadian business to hire the workers most urgently needed — skilled tradespeople.

The new stream for workers in fields such as construction and manufacturing should be set up later this year, Immigration Minister Jason Kenney said Tuesday in Calgary. THE CANADIAN PRESS

Mulcair gets a TV makeover: He cares … just like Jack

The family man. Olivia Chow and the NDP launch a new ad that rejects any lurch to centre and stresses party continuity

New NDP Leader Thomas Mulcair: Family man. ADRIAN WYLD/THE CANADIAN PRESS

Newly minted NDP Leader Thomas Mulcair is being introduced to Canadians as someone who will fight for ordinary families.

Just like his predecessor, Jack Layton, did.

The emphasis is on continuity, not change, in a new English television ad being launched by the federal NDP.

It features Layton's widow, NDP MP Olivia Chow, assuring viewers, "Jack's vision is in good hands."

During the seven-month leadership contest to choose Layton's successor, Mulcair was portrayed by his rivals as someone who would lurch the social democratic party to the centre of the political spectrum, turning it into an imitation of the Liberal party.

Yet the English ad features a series of, well, ordinary Canadians expressing confidence that Mulcair will champion issues closest to their hearts.

"He'll fight for my family," says a young mother, packing groceries into her car.

"He cares if I make ends meet," a tool-toting tradesman tells the TV viewers. THE CANADIAN PRESS

Miss Universe

Pageant opens up to trans women

Transgender women will be allowed to participate in the Miss Universe beauty pageant next year, officials announced Tuesday.

They have already ruled Vancouver's Jenna Talackova, 23, can vie for the crown this year.

She had a sex change four years ago after being born a male.

Now pageant officials say they are working on the language of the official rule-policy change.

Initially, organizers in Canada disqualified Talackova from the 61st Miss Universe Canada pageant set for May, citing a rule that she must be "naturally born" a woman.

Talackova told ABC's Good Morning America' she has a boyfriend and hopes to have children some day.

She said, without elaborating, "Yes, I want to have two children." THE ASSOCIATED PRESS

Surrounded by family members, Rick Santorum withdraws from the race to the White House. GENE J. PUSKAR/THE ASSOCIATED PRESS

Santorum quits Republican race

Rick Santorum is out.

The staunch social conservative who climbed from the basement of the polls to give Republican front-runner Mitt Romney a run for his money in the party's unpredictable presidential race has ended his campaign.

"While this presidential race is over for me, and we will suspend our campaign effective today, we are not done fighting," Santorum said in Gettysburg, Pa.

"We are going to continue to fight for the Americans who stood up and gave us that air under our wings."

Santorum, who was facing a tough battle against Romney in his home state of Pennsylvania in the Republican primary on April 24, launched a tenacious campaign against the Mormon millionaire to become his No. 1 threat in the race.

The former Pennsylvania senator's departure from the race all but assures Romney will get the nomination.

Santorum was the only candidate who stood a chance of preventing Romney from amassing the 1,144 delegates needed to seal the nomination before the Republican convention in August.

Romney praised Santorum, calling him an "able and worthy competitor" and an "important voice" in the party. THE CANADIAN PRESS

BHi SPRING SEASON STANDINGS BHi

B DIVISION

TEAMS	GP	W	L	T	OTL	GF	GA	PTS
THROWBACKS	8	7	1	0	0	26	5	14
REBELS	7	5	1	0	0	27	15	11
ABUSEMENT PARK	8	5	2	0	0	22	14	11
SHOCKERS	7	2	4	0	0	13	23	5

C DIVISION

TEAMS	GP	W	L	T	OTL	GF	GA	PTS
DIEHARDS	8	6	1	0	0	41	16	13
BING ACRES	8	5	3	0	0	15	12	10
BALLWHACKERS	8	4	3	0	0	16	25	9
WOLFPACK	8	4	4	0	0	21	20	8
LONDON LEAFERS	6	3	3	0	0	15	26	6
EVIL MONKEY	7	2	3	0	0	18	17	6
OUT OF GAS	7	1	4	0	0	16	34	4
ACE HOLES	8	1	6	0	0	14	37	2

D DIVISION

TEAMS	GP	W	L	T	OTL	GF	GA	PTS
MISFITS	7	5	1	0	0	27	17	11
N.A.D.S	7	4	1	0	0	20	16	10
FUGAZI	7	4	3	0	0	20	19	8
MULTIPLE SCOREGASM	6	2	4	0	0	15	22	4
MARAUDERS	7	2	5	0	0	18	26	4

COED DIVISION

TEAMS	GP	W	L	T	OTL	GF	GA	PTS
FMC	4	4	0	0	0	12	8	9
THUMBS UP	4	2	1	0	0	13	12	5
ALEX'S TEAM	4	2	2	0	0	10	12	4
BALL PUCKERS	4	0	3	0	0	6	9	1

YOUTH STARS OF THE WEEK

1 DOUGIE CARMICHEAL - CANUCKS
4 GOALS, 3 ASSISTS - HAT TRICK

2 CAMERON ST MARIE - THRASHERS
4 GOALS, 4 ASSISTS - HAT TRICK

3 NOAH JACOB - NORDIQUES
SHUT OUT

MEN'S STARS OF THE WEEK

1 JOHN MILLMAN - THROWBACKS
3 GOALS - HAT TRICK

2 ADAM FACCIORSSI - N.A.D.S
2 GOALS, 1 ASSIST

3 JEREMY MILLER - DIE HARDS
SHUT OUT

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Bus emergency

Students pass life-or-death test

Students heading to school rushed into action when their bus driver slumped over the wheel unconscious.

Surveillance video shows Jeremy Wuitschick, 13, grabbing the wheel on Monday morning.

Wuitschick had noticed the driver was shaking and his arms flailing just as the bus started to pull into Surprise Lake Middle School in Milton, Wash.,

Wuitschick removed the keys from the ignition and stopped the bus.

Another student started chest compressions on the driver until adults arrived and he was taken to hospital in "grave" condition. THE ASSOCIATED PRESS

Norway horror. Mass murderer ruled sane

When Anders Behring Breivik goes on trial in Norway next week, both the prosecution and the defence will say he killed 77 people in a bomb-and-shooting massacre that jolted the world's image of terrorism.

The only question now is whether the self-styled anti-Muslim militant was sane when he did it — and after a new psychiatric assessment Tuesday, even that may no longer be in dispute.

"Our conclusion is that he (was) not psychotic at the time of the actions of terrorism and he is not psychotic now," said Terje Toerrissen, one of the psychiatrists who examined Breivik in prison.

The twin attacks on July 22 — a bomb in Oslo's government district followed by a shooting spree at the governing Labor Party's youth camp outside the capital — brutally shocked Norway.

Anders Behring Breivik: His trial starts Monday and is expected to last 10 weeks. THE ASSOCIATED PRESS

The blond, blue-eyed gunman surrendered to police on a lakeside island.

He claimed he was a modern-day crusader waging a war against Islam in Europe. THE ASSOCIATED PRESS

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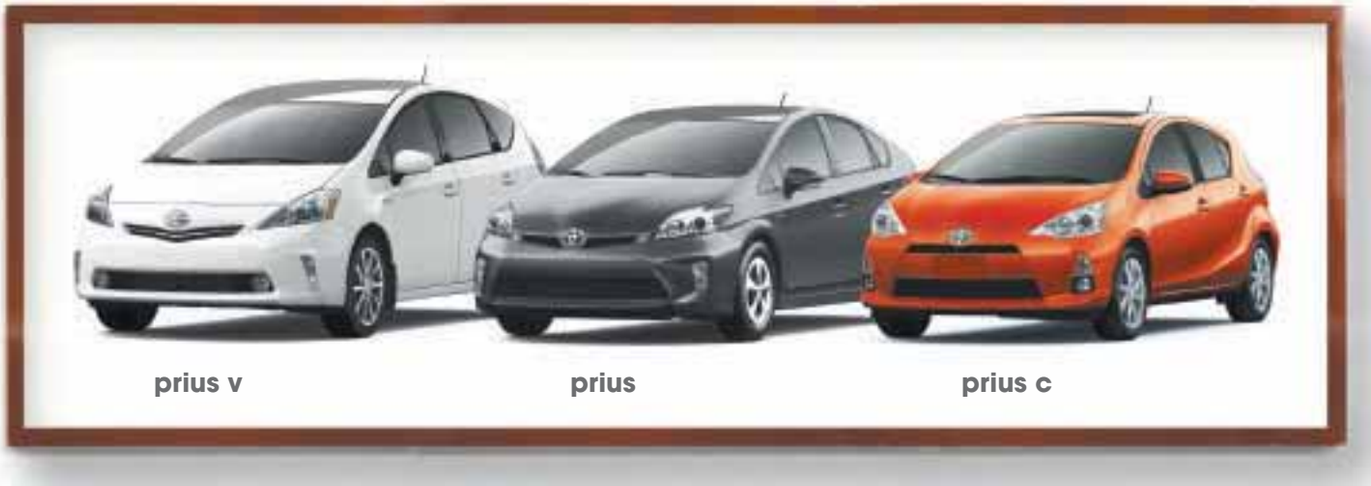

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*no purchase necessary. contest closes May 13, 2012. to register and for full contest details visit www.metronews.ca/pickyourpriuscontest.

Feeding your taste for space

An astronaut enjoys green tea and almonds — before he is subjected to spirulina and stinky cheese. CONTRIBUTED

What's on the menu in the cosmic diner?
Algae slime and spicy, smelly foods ... but also some normal dishes, freeze-dried

ANTHONY JOHNSTON
Metro World News

When budding space tourists prepare to step onboard their commercial cosmic flight, what can they expect as their in-flight meal?

"Plenty of pungent, spicy and piquant food," says food scientist Robin Fegen, who specializes in preparing space cuisine for food enthusiasts.

Fegen, 26, is the director of the Robin Collective, a London-based group of entrepreneurs that hosts experimental food banquets for trend-hungry yuppies.

After collaborating with an astronaut and a space-nutrition expert at a recent science fair, some of Fegen's dishes have been "certified" as potential food for cosmic travel, he says.

Out-of-this-world flavours

"We recommend serving a very strong cheese that has a powerful taste, as in space you lose your normal sense of smell.... Other favourites include anything doused with chili and garlic."
Robin Fegen, the Robin Collective

"Each food tries to overcome eating problems that can crop up in space," says Fegen.

"For example, we recommend serving a very strong cheese that has a powerful taste, as in space you lose your normal sense of smell."

Eighty-five to 90 per cent of taste is controlled by your olfactory organs and at zero-gravity molecules in the air don't spread out in the same way.

"Other favourites include anything doused with chili and garlic."

As refrigerators use a lot of electrical power, they are a no-no in space. Instead, food is irradiated, dehydrated or freeze-dried for preservation.

"The good thing is that most dishes on Earth can be prepared into 'flight-ready' meals," NASA food scientist Michele Perchonok tells Metro.

"Unfortunately, having pizza in space is impossible as each component — wheat, sauce and cheese — requires at least partial gravity to prepare."

So, in space, while you sacrifice some foods, you can try new ones.

Spirulina, a green algae that is rich in protein and B vitamins, is touted as a future space crop by the European Space Agency's project MELiSSA, which researches growing food in potential lunar bases on Mars.

But as Fegen describes, "It's what I call an algal slime, that tastes like a dirty fish tank."

Anthony Johnston takes a taste.
ANTHONY JOHNSTON/METRO WORLD NEWS

Not over the moon for stinky cheese

I paid Robin Fegen a visit to try out his homemade space food.

First on the sampling menu is spirulina, that brownish-greenish algae that's packed with protein and B vitamins.

I got around that nasty "dirty, fish-tank" taste by eating it in a thick goo of chocolate.

The cocoa was overwhelming, while the spirulina gave a bit of a tingle on the tongue.

With gusto, I tried the algae on its own — more tingling, but this messy powder-like algae leaves a stench only a fisherman can love.

Next on the menu was chili "caviar."

No doubt inspired by the Russian space-trekking aristocracy, this dish has all the texture and complexion of real caviar — only it's made out of some brown algae and is hot 'n' spicy.

Just like caviar, expect that surprise bursting-bubble sensation on your tongue, and then a powerful pow of pepper striking your taste buds. I would still prefer to sneak on some ketchup.

Curiously, I noted that U.S. astronauts have the hots for chili, while Russian cosmonauts prefer lashings of garlic.

The stronger the flavour, the more likely you'll taste it, say space foodies.

Well, I can't say I agree with that extra-strong Stilton cheese.

If you like eating unwashed socks, tuck in. I'll stick to the spirulina, thank you.

ANTHONY JOHNSTON/
METRO WORLD NEWS

Q&A

Michele Perchonok
ANTHONY JOHNSTON/METRO WORLD NEWS

They don't just eat from tubes

A Q&A with NASA food-scientist Michele Perchonok.

When you're up in space, are you stuck with the same food all the time?
Not at all. Right now we prepare over 180 food types; we can feed a crew with three meals a day for eight to 10 days without repeating the same meal twice.

So what type of food do NASA's astronauts eat?
Basically any food can be eaten up there, but they need to be processed so that they're not easily spoiled and can be eaten at zero-gravity. Contrary to what people may think, astronauts don't really eat puréed, condensed foods straight from a tube. The Apollo crew did, but they were only in flight for a few days. When you're up in space on longer missions, you have to have more acceptable meals. There is also a lot of psychology involved in eating there — many astronauts seek "comfort food" like macaroni and cheese that they might not normally eat on Earth.

You pick the foods astronauts get to eat. Do they have a say in it?
In fact, they do — after each mission, a crew member is debriefed and they can suggest what new foods they can eat. After enough requests from crew members, we added vegetarian chili and Caribbean jerk chicken to our menu.

ANTHONY JOHNSTON/
METRO WORLD NEWS

In Metro Thursday

- **We reveal the Canadian finalist for our Metro Race for Space contest.**

More at metronews.ca

- **"Life-changing":** Businessman Gregory Olsen dishes on being a space tourist.
- **Science fiction:** Scientists delve into the plausible and implausible world of space movies.

Axe falls on programs as CBC begins to make cuts

Media. World-affairs radio program Dispatches and CBC News Network's Connect with Mark Kelley cancelled

Big budget cuts at the CBC are putting "everything" on the chopping block — including hit shows Republic of Doyle and Heartland, programming boss Kirstine Stewart said Tuesday, as the public broadcaster axed CBC News Network's Connect with Mark Kelley and CBC Radio's Dispatches.

Tough decisions about how to manage a $225-million shortfall will include shaving six existing or planned shows from the public broadcaster's TV lineup, said Stewart, executive vice-president of CBC's English Services.

"We are making those decisions next week and we've got some pretty strong criteria to make those decisions," Stewart said after CBC staff were briefed on job and program cuts in an internal meeting.

"But in the end, what we're trying to do is protect the programming that Canadians seem to be most interested in and it will really narrow down the variety of programming that we've been able to give Canadians over the last few years."

Staff learned Tuesday that CBC TV's programming and news departments will bear the brunt of punishing cuts planned over the next three years. They include shuttered news bureaus in Africa and South America as well the elimination of 88 news jobs.

"It's not a good day for CBC," said Marc-Philippe Laurin, president of the Canadian Media Guild's CBC branch. "Canadians are really going to see a difference on the TV screen and hear a difference on CBC Radio."

THE CANADIAN PRESS

A byte worth $600 billion

Apple CEO Tim Cook announces the new iPad in San Francisco last month. Apple, already the world's most valuable company, hit the $600-billion level for the first time Tuesday.

PAUL SAKUMA/THE ASSOCIATED PRESS FILE

Market Minute

DOLLAR 99.59¢ (-0.76¢)

TSX 11,935.29 (-83.21)

OIL $101.02 US (-$1.44)

GOLD $1,660.70 US (+$16.80)

Natural gas: $2.10 US (-0.7¢)
Dow Jones: 12,715.93 (-213.66)

Consumer credit

Canadians yet to act on debt despite intentions: Reports

More Canadians acknowledge they may be reaching the upper limits on borrowing but they have yet to act on it, two new reports suggest.

A survey released Tuesday by accounting firm PwC found that 63 per cent of respondents said they wanted to decrease their debt levels over the next year — up 4.5 per cent from a year earlier — and many indicated they were ready to cut back on discretionary spending.

But in a separate report based on actual spending patterns, Moneris Solutions found that consumers had yet to act on their intentions.

The fresh data showed that consumer credit and debit card spending in Canada continued to grow. For the first three months of 2012, spending was up 5.34 per cent and it appeared to be climbing, with spending in March up 6.76 per cent.

THE CANADIAN PRESS

Workers win

Aveos employees to share $6.2M in back pay

Employees of insolvent aircraft maintenance company Aveos Fleet Performance will share $6.2 million in unpaid wages and payroll contributions, a Quebec judge ruled Tuesday.

Justice Mark Schrager of the Quebec Superior Court approved the payment by April 21 of $5.8 million in unpaid wages, along with $450,000 in employer payroll contributions for 2,665 retained and terminated employees.

The sums include $199,500 owed to 81 management and 15 union workers who have been retained to oversee the liquidation process. Each employee will be entitled to a maximum of $2,000.

The April 5 court order says no further priority claims can be asserted against Aveos under the Creditors Arrangement Act.

THE CANADIAN PRESS

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GOOD DAY SON SHINE

JUST SAYIN'
Paul Sullivan
metronews.ca/justsaying

James McCartney.
JASON MERRITT/GETTY IMAGES

Sean Lennon. CRAIG BARRITT/GETTY IMAGES

Dhani Harrison.
ETHAN MILLER/GETTY IMAGES

Zak Starkey. KATY WINN/GETTY IMAGES

Very bad idea department: James McCartney, son of Paul the Beatle, was caught musing out loud the other day about forming a band composed exclusively of the sons of former Beatles: himself, Sean Lennon (John), Dhani Harrison (George) and Zak Starkey (Ringo).

James, cruelly described by the Telegraph as a "plumper, sadder, balder" version of his famous dad, told the BBC he fantasizes about being better than the Beatles. At 34, he better hurry. In fact, the whole (potential) act is in danger of geezering out before it gets started.

Sean Lennon is 36, Dhani Harrison is 33, and reluctant Beatle 2.0 Zak Starkey is 46. No wonder he's reluctant. At his age you like to be in bed by 10, which is not a rock 'n' roll time zone. Zak is in danger of engendering Beatles 3.0: The Grand-Kids Are All Right.

There are a host of Beatle larvae waiting in the wings if these four don't want to play nice together, but they're equally venerable. Julian Lennon is 49 and plays in a band called AARP (just kidding) and Jason Starkey is a slightly more sprightly 44.

The interesting thing is that all these old guys are musicians. Less interesting, perhaps, is that all together, their records have sold fewer copies than any of the other No. 1 hits generated by their Fab Fathers in their glory days.

Lest we forget, an album called 1, which is a compilation of all 27 of the Beatles' No. 1 hits, released in 2000, is still the biggest-selling album of the 21st century, with 31-million copies sold by the end of 2009. The Beatles are the only group to have the best-selling record in two decades: Sergeant Pepper's Lonely Hearts Club Band dominated the '60s and 1 dominated the 2000s.

Into this epic tale wanders the warmed-over DNA of the next generation. So far, without much distinction. The most remarkable thing about their collective genius is a knack for weird band names, such as: thenewno2s, Ghost of a Sabre Tooth Tiger, Musty Jack Sponge and my personal favourite, the Exploding Nudists. Nope. Never heard of any of them either.

One or two of the 2.0 Beatles have enjoyed individual success: Zak Starkey has been a drummer for the Who and Oasis, which can be viewed as the most successful Beatles tribute band to date. Sean and Julian Lennon had their moments, but none of those moments holds a candle to Imagine.

If the boys weren't British, this could be a Greek tragedy in which the sons are crushed by the mythic reputations of their fathers. But it's hard to feel sorry for the heirs of men who sold more than a billion records.

Even if they sing out of tune, they'll get by with a little help from their dads.

Guest hails from the Ice Age

KIN CHEUNG/THE ASSOCIATED PRESS

42,000 years old

Born in the Ice Age, returns with tell-all

The most well-preserved baby mammoth, named Lyuba, is displayed at a press preview in Hong Kong Tuesday.

The one-month-old baby mammoth of the Ice Age died 42,000 years ago and was preserved in the ice. Lyuba was found by a reindeer herder in the permafrost of the Yamal Peninsula, Siberia, in 2007.

According to the Daily Mail, she is thought to have died in a mudslide at a month old.

The mud basically "pickled" the mammoth.

"She was doing great, very healthy. She just had this terrible misfortune," palaeontologist Dan Fisher, of the University of Michigan, told the news agency.

THE ASSOCIATED PRESS

Research

10,000

Siberia-based scientists say they are hopeful that studying the mammoth will help explain what caused mammals from the Ice Age to vanish about 10,000 years ago.

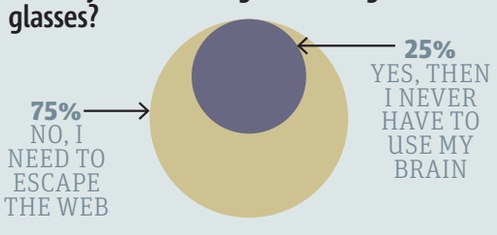
Meets her match

- She will be exhibited in Hong Kong from April 12 to May 10.
- According to MSNBC, another young mammoth, named Yuka, with strawberry-blond hair was revealed to the world last week.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Would you wear Google's new digital glasses?



Twitter

@RLP_techwriter: About to do my part in the #ldnont Clean & Green KICK-OFF. We all should do our part in keeping our cities and neighborhoods litter free.

@GregOrtbach: Sir Issac Brock school closed today due to power outage. In other news, take your kid to work day numbers soar! #ldnont

@tbenzz27: Girl 1: I hate one night stands, like hate them. Girl 2: Girl....you had two this weekend Girl 1: Oh yeah..oops #EasterFun #Fanshawe

@vluggy69: Last day of classes at #fanshawe, finals next week. Never thought this day was going to come. #proudMan.

@LV1Monaco: Love how the girls behind me in class are looking shirtless pictures of guys #westernu

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In Focus

Some classic Stooge-filled flicks

IN FOCUS
Richard Crouse
scene@metronews.ca

The Three Stooges — Larry Fine, Curly Howard and brother Moe Howard were the most famous incarnation — "nyuk! nyuk! nyuked!" their way through 220 slapstick movies in a career that spanned the heyday of vaudeville to the 1970s.

This weekend a new trio says "Hello! Hello! Hello!" in The Three Stooges, a Farrelly Brothers directed comedy. But if it's classic Stoogisms you're looking for, check out these movies:

The story of Hoi Polloi was so effective the trio recycled it twice more in the films Half-Wits Holiday and Pies and Guys.

Disorder in the Court casts the boys as star witnesses at the murder trial of their friend, a nightclub dancer.

Curly's favourite film was A Plumbing We Will Go, which featured the guys as plumbers hired to fix a leak in a mansion.

Chris Diamantopoulos, centre, leads the Stooges in the latest version of The Three Stooges franchise. HANDOUT

The lasting effect of physical comedy

The Three Stooges return to the big screen. Chris Diamantopoulos speaks to Metro about his role and the return of slapstick films

STEVE GOW
scene@metronews.com

There'll be a lot of eyes on the Farrelly Brothers' The Three Stooges.

Not only has the Friday release been a long time in construction, but the Hall Pass filmmakers insist the movie's a dedicated love letter to the slapstick legends. We caught up to Toronto-born actor Chris Diamantopoulos (TV's 24) to discuss playing the Stooges senseless skipper, Moe Howard.

I know you were a fan but why did you love the Stooges?

It just comes from watching them at such an early age and knowing that my parents loved them. I started watching them when I was five or six years old … there were about 50 or 60 shorts that I knew off by heart and when my parents would want entertainment, I would just recite the whole episodes for them in the summers in Greece (because) we didn't have a TV.

Why do you think physical comedy is so endearing?

There's something universal and timeless when done right about somebody falling, slipping, randomly being hit or poked if it's instigated the right way and if the poke or hit is warranted.

It's just funny — no matter what language you speak and what era, again if it's instigated the right way — it's all about set up, pay off and timing.

The original Stooges are often considered guy's comedy. How is this different?

You're right in saying that men love the Stooges. Although it's funny — going to screenings and talking to people who've seen the movie, I'll tell you the pervading message that I'm getting is that it's the women that are falling in love with this movie…what this movie has that I think will definitely attract women is heart. It's so very emotional. The message is simple but it's really, really sweet.

More quotes

See what Chris Diamantopoulos had to say on a wide variety of subjects.

- **Dressing up for the audition.** "When I found out about the audition, there was a memo that said 'do not arrive in character,' this is a modern take on the Stooges," said Diamantopoulos. "I thought that's stupid, I can't go in and be Moe looking like me."
- **The potential comic superstars.** "They never really got their just desserts," said Diamantopoulos. "By today's standards, especially if back when they were around there was social networking, The Stooges would've been mega-superstars."
- **The Look of Moe.** "There's this term — physiognomy — which basically means the way you're face looks affects how you sound so I had to look that way."

Scene in brief

Jolie taking on famous villain role

Angelina Jolie is turning wicked as one of Disney's most famous villains in Maleficent, a live-action twist on Sleeping Beauty that's set for release just under two years from now. Walt Disney Studios announced Monday that Maleficent is due in theatres on March 14, 2014. The film will spell out the back story of the evil enchantress in Disney's animated classic Sleeping Beauty.

On the web

Kathleen Turner says Winnipeg play taught her she wasn't "born to play ingenue"

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Lindsay Lohan being accused of assault ... again

Lindsay Lohan ALL PHOTOS GETTY IMAGES

A woman is accusing Lindsay Lohan of attacking her at a party in the Standard Hotel in West Hollywood recently, but Lohan's rep insists the troubled actress didn't even leave her home the night in question, according to TMZ.

And the website seems to be on Lohan's side, for once.

"We have spoken with six people at the hotel — some of whom were working on the night in question — and none of them saw Lindsay that evening," the site reports.

The woman in question claims she was assaulted by Lohan after chatting up a guy the actress had her eye on.

"Lindsay was absolutely not involved in any sort of altercation whatsoever. This is clearly another case of someone looking for money and 15 minutes of fame," Steve Honig, Lohan's rep, says.

"You have to wonder about someone who calls the media before the police."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Rinna making adult diapers cool

THE WORD
Dorothy Robinson
scene@metronews.ca

Maybe you've seen Lisa Rinna star in a new Depend adult diapers commercial. But in case you haven't, here's the recap: The 48-year-old is filmed wearing a skintight black dress on the red carpet, but, surprise, she's also wearing Depend's new Silhouette for Women line underneath that dress.

"I am wearing an evening gown, for God's sake!" she says in the commercial. "And you can't tell I have it on. Check out the boo-tay!"

She then commands her poor husband Harry Hamlin to touch her tush to check it out for himself.

Surprising? Yes. Commercials for adult diapers are not the most, say, sexy of things to star in. But Rinna swears she's not talking about incontinence in order to keep herself in lip injections — she did it for charity and women's rights.

"They donated $225,000 to Dress for Success if I tried them on in the commercial," the actress told the Huffington Post, meaning she must have pocketed a little extra on top of that donation. "That's why I did it. Plus, I loved their campaign."

It's not wearing an adult diaper that makes me roll my eyes — it's the fact that she used the word boo-tay to describe her butt.

Miley Cyrus

Miley Cyrus blames weight loss on allergies

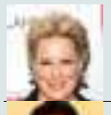
Miley Cyrus is striking back against critics who speculate she has an eating disorder.

"For everyone calling me anorexic, I have a gluten and lactose allergy. It's not about weight — it's about health," Cyrus posted on Twitter. "'She won't eat 2,000 calories worth of food in one sitting? She must have a problem.' I ate today at Easter lunch but all of it was healthy and even more fulfilling! Health is happiness!"

In fact, Cyrus thinks her food allergy has been a great thing — and is encouraging her fans to dump gluten.

"Everyone should try no gluten for a week! The change in your skin, physical and mental health is amazing! You won't go back," she posted.

Twitter



@BetteMidler
Jeez! I just bumped into a crowd a people all looking down at their devices!! Look up, people!!

@ralphmacchio
Taking in some broadway today. Vintage musical theatre on the menu.

@MJMcKean
Emmy show producers: please please PLEASE let J Lo announce the Downton Abbey nominations.

Kristen Wiig

Wiig won't tip hand to SNL departure

Kristen Wiig is playing coy with the rumors of leaving Saturday Night Live at the end of this season, only confirming that her contract is up this year.

"Well, everyone has to leave," she tells Alec Baldwin on his podcast. "I will say that when I do leave it's not because I'm sick of it and not because I see something better or anything like that. It's just that it's time."

Sunshine and snow — the perfect spring combination

Whistler. Pack your sunscreen and ski gear because the slopes are still open. There's plenty to do for non-skiers, too.

AURÉLIE RESCH
life@metronews.ca

Skiing or snowboarding in a T-shirt? An après-ski drink on the patio while you work on your tan? BBQ's at 6,000 feet? That's springtime in Whistler. Although the weather is warming, there are still lots of great activities and attractions — not to mention spring prices and rates — to take advantage of!

Spring skiing/snowboarding is the perfect mix of sunshine and snow. The snow is melting elsewhere but high up on the mountains, the conditions are still great for those who can't get enough of the slopes. This year, the spring ski season extends through April on Whistler Mountain and through May on Blackcomb Mountain.

In June when mountain biking takes over Whistler, the hardcore skiers (or those who appreciate a little novelty) can continue to ski on Blackcomb Glacier.

For those looking for a less physically strenuous activity at Whistler, black bear watching is one option.

Whistler is home to up to 70 black bears who can be seen coming out of hibernation on the grassy slopes of the mountains during mid-to-late spring and throughout summer. Starting mid-May, visitors can take part in a black bear viewing tour from the safety of 4x4 vehicles, where experienced nature guides will lead you to popular bear viewing spots.

Nothing feels better than getting a tan on a ski hill. PHOTOS: AURÉLIE RESCH/METRO

If you go...

- **Ski and Stay.** Whistler spring ski and stay packages start at $119 per person, per night.
- **Online.** Go to whistlerblackcomb.com/springdeals for more information on planning your trip.

Spa

Time to get wet!

Head to Le Spa Scandinave Whistler for an afternoon of enjoying the traditional Scandinavian baths: a water therapy circuit that stimulates blood flow, soothes muscles and releases endorphins. The circuit starts with warming in a hot tub or bath; followed by cooling down under a frigid waterfall or pool; then relaxing on the deck as the sun warms your skin.

Golf

Cheap greens

Make your way to Whistler Golf Club, where the greens are being completely replaced and will open just in time for the May season start. The green fees start at a $99 spring rate or $69 after 3 p.m. After 18 holes, relax at Palmer's Gallery Bar & Grill where a 100-seat licensed outdoor patio overlooks the greens.

Food

Culinary delights

Warming weather signals the beginning of a new season for crops and there's no lack of local, organic and sustainable ingredients to be found in Whistler and British Columbia. For top-of-the-line dining, head to Sidecut at the Four Seasons Whistler for steak and seafood, Araxi Restaurant or Bearfoot Bistro for elegant Canadian cuisine.

3 LIFE

Travel in brief

Tasmanian tourism banking on Dafoe flick

Tasmanian tourism officials are hoping for spinoffs from The Hunter, a thriller starring Willem Dafoe being released this month in North American cinemas. The film was shot entirely in the Australian island state. Some of the wild locales are highlighted online at Discover Tasmania (http://bit.ly/HakKOp), the state's official tourism website. The Hunter follows Dafoe as he pursues the last Tasmanian tiger through scenery that appears "prehistoric and forbidding," according to a New York Times review. The dog-sized beast has, in fact, been officially extinct for many years, but Discover Tasmania says there have continued to be "countless sightings, some by highly regarded scientists," and is inviting visitors to trek wilderness trails in search of a real-life specimen. The website is promoting The Hunter Tasmania Wilderness Package, which takes in highland and coastal areas including Cradle Mountain, Lake St. Clair National Park and Strahan, gateway to the Tasmanian Wilderness World Heritage Area. From $2,520 per person, the one-week package includes car rental, accommodations and round-trip airfare from Los Angeles.

THE ASSOCIATED PRESS

On the Web

Bruce Willis says he's willing to give away Idaho ski area to a non-profit

Anna Olson makes sweet endings a little bit sweeter

DELIA MACPHERSON
For Metro Canada

Anna Olson sums up how she stays in such great shape (despite all the sweets) in one word: balance.

Anna Olson films her new series out of her own kitchen in the Niagara, Ont. area. She often donates extra treats to local shelters and hospices. HANDOUT

"I love my breakfasts," she says. "I eat oatmeal. It keeps me from snacking on the wrong things throughout the day."

Like decadent cookies and moist cakes? "It's not good to deny yourself a treat, just like it's not good to over indulge," adds the celebrity chef, whose new show, Bake with Anna Olson, starts airing Thursday on the Food Network Canada.

The show features baking tips that have taken Olson years to figure out, like using a whisk to fold egg whites into batter rather than a spatula, or double-checking your measuring spoons and cups for accuracy. "You'd be surprised on how many are wrong," she says.

Olson recommends that if you're going to eat sweets, bake them yourself, because homemade baked goods taste better than store-bought and don't have overly processed ingredients. "Baking at home means you control the ingredients, so you know exactly what's going in," she says. "When you're baking, you bake to share."

Making homemade, she adds, can also allow you to control the portions. For example, make cookies twice as small so you only eat half a portion.

Bake with Anna Olson also airs on Saturdays.

Pie Dough. This crust is ideal with wet fillings like coconut cream

This recipe is designed for pies that have a wet filling, such as pumpkin, coconut cream and butter tarts. Make a half recipe if you just need a single crust.

1. Combine flour, sugar and salt in a bowl. Cut in butter by hand with pastry cutter until only small pieces of butter are visible and mix begins to take on pale yellow colour.

2. Stir water and lemon juice together. Add to dough, mixing until the dough just comes together. Shape dough into two discs, wrap and chill for at least two hours before rolling. Alternatively, dough can be frozen for up to three months and thawed in the fridge before rolling.

COURTESY OF FOOD NETWORK CANADA (FROM EPISODE 2 OF BAKE WITH ANNA OLSON, AIRING APRIL 12)

Ingredients

- 2 ¼ cups cake & pastry flour
- 2 tbsp sugar
- ¾ tsp salt
- 1 cup cold unsalted butter, cut into pieces
- 6 tbsp cold water
- 1 tbsp lemon juice

Top travel tips. Advice for students hoping to learn in another land

• Immerse yourself in the culture: a large part of studying abroad is to experience another culture. You can broaden your perspective by learning the local language, making friends with domestic students and researching the country's history and cultural practices.

• Take rewarding academic courses: take advantage of the interesting courses not offered at your home school. Some courses are also more interesting when they are learned abroad — imagine learning art history in France or taking Italian in Italy! **TRACY ZHANG**

Worldliness at work

Leverage the experience professionally

- Having an international experience on the resumé can help you stand out in the workforce. Even if it doesn't help you connect with potential employers, at the very least it makes for an interesting discussion in an interview setting. Some of my friends who studied abroad also networked with alumni in the country and landed international job offers.

Tracy Zhang and friends in France. SUBMITTED

Travel became my teacher: On education in another nation

Books in a backpack.
How studying abroad can benefit you both academically and professionally

TRACY ZHANG
Talentegg.ca

From watching the sun set over the Acropolis in Athens to watching the Christmas lights light up Champs-Elysée, some of my best memories are from studying abroad.

The strength of its international exchange program was one of the reasons I chose to study at the Queen's University School of Business, and I was determined to make the most out of the opportunity by spending two semesters abroad.

In September of 2010, I set out to study in France at HEC Paris International Business School; by January 2011, I had bid France farewell and headed for England, where I studied at the Bader International Study Centre.

Tracy Zhang and friends in Athens, Greece. SUBMITTED

I enrolled in an international policy course taught by a Harvard professor, a class on French culture and another on French society. By the end of the semester, not only did I learn how to do business in France, but I also gained a strong understanding of the French education system, government, economy and, of course, gastronomy.

When it was time to go to the UK, I became so interested in the business landscape in Europe that I decided to pursue my undergrad degree specialization in international business.

Outside of the classroom, I was anxious to explore Europe since it was my first time there. I invested in a train pass on a student discount and journeyed all over the continent — to 19 countries to be exact. As a way to document my travels, I also began to publish photographs from my trips on my blog.

When my blog's following edged past 700 subscribers, I began to receive emails from magazines and tourism boards asking to publish my photographs. Studying and travelling in Europe not only opened the door for me to freelance as a photographer, but also helped me connect with many other travel enthusiasts.

After I returned home from Europe to begin my summer internship, I learned that my manager had just moved to Canada from France. We immediately bonded over my exchange experience in Paris. Having that common ground allowed me to build great rapport with my manager, who provided me with constant professional support throughout the summer.

When I look back on my time in Europe, I feel lucky to have been able to explore another continent, enrich my academic life, and leverage the experience in the workplace. My year abroad benefited me immensely — I can't imagine my university education any other way!

TRACY ZHANG IS A FOURTH YEAR STUDENT AT QUEEN'S UNIVERSITY. TALENTEGG.CA, CANADA'S ONLINE CAREER RESOURCE FOR STUDENTS AND RECENT GRADS, WANTS TO HEAR YOUR STUDENT VOICE. SHARE IT AT TALENTEGG.CA.

Yes, I would like to travail

A cultural classroom.
Translating lessons learned on the road into the working world

JUSTINE ABIGAIL YU
Talentegg.ca

Travelling, for all its splendour, entails hardship. And hardship brings out skills that'll prove to be invaluable in the workforce. Here are two I learned while on the road…

You've got to be enterprising.

The word itself reeks of business savvy, doesn't it? But seriously, when you're on the road in some foreign country with nothing but a backpack and a few bucks in your bank account, you've got no choice but to be enterprising and resourceful.

The same is true in a business context. There'll always be a time when you've got limited resources, time or knowledge but you've got to muster up all of your creativity and find a way to work with what you've got. And trust me, there is always a way.

Cultural sensitivity and communication is everything.

Learning how to say something as simple as thank you in Khmer or Thai (aw kuhn or khob-kun-Ka, respectively) while bowing your head deeply to show your utmost respect goes a long way. Awareness of people's cultural, spiritual and religious traditions is a trait that is not only important in the workforce but in life in general. In our highly globalized world, where we are in contact with individuals with such varied backgrounds, communicating with cultural sensitivity and understanding can set you apart from many others who have not had this first-hand experience overseas.

JUSTINE ABIGAIL YU IS A COMMUNICATIONS PROFESSIONAL BY DAY AND A FREELANCE WRITER BY NIGHT.

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From teacher to tablet: Gadgets find their place in the classroom

My iPad ate my homework.
The Bring your own Gadget movement is gaining speed in Ontario schools

Will kids be able to stay focused with a bevy of distractions in front of them? Peel District School Board Director of Communications Brian Woodland says teachers are already used to dealing with that challenge. ISTOCK

Ontario's elementary school curriculum spells out that all Grade 3 students must learn about the similarities and differences between urban and rural communities, although it leaves it up to teachers to figure out the best way to impart that knowledge.

As unconventional as it might sound, some kids are getting a lesson by playing SimCity on an iPad. On a recent day at the HTS independent school in Richmond Hill, Ont., a small class of Grade 3 students continued their social studies learning by tapping and swiping at iPads, building a city from the ground up.

Some of the eight- and nine-year-old kids were quietly engrossed at the task at hand, intently micromanaging their city as it grew and problems emerged, while others excitedly showed off their creations to nearby classmates.

"I just lost 1,000 people, why did they move away?"

"What's a seaport? Oh, there's a hot tub!"

"They want a landfill, they're going to get a landfill."

"I had an earthquake!"

"What's a residential tax?"

Over the course of the year, the school has been experimenting with ways to integrate the iPad into classrooms and use it as a learning tool. By September, teachers will be fully prepped on how to teach the whole curriculum with the help of tablets and computers.

HTS isn't the first school to OK the use of tablets in class and plenty more will be on board in time for the next school year.

The Peel District School Board in Ontario, with 234 schools and almost 153,000 students, is encouraging students to BYOD — bring your own device, including smartphones, tablets and laptops — starting in September.

"School boards have really struggled with how to keep up in terms of technology, it's impossible financially to afford the level of computers that we need for students," said the school board's director of communications Brian Woodland.

"The Ontario government has now permanently reduced our funding for technology.... We heard from the system that we have to do things differently."

While education activists have expressed concern that many students can't afford pricey new gadgets, Woodland said that bringing a device would by no means be mandatory. THE CANADIAN PRESS

Funding the future

Internet investment

The Peel District School Board is investing $7 million from its reserve fund to implement wireless Internet access at all its schools and help supply equipment for students who don't have it.

Kids are already bringing computers, phones and tablets to class, noted Brian Woodland, so it won't be a radically different experience for teachers or students come September. People are always asking how kids will stay focused with a bevy of distractions in front of them but teachers are already used to dealing with that challenge, he added.

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GOLF GUIDE
Wednesday, April 11, 2012

Whether you are an amateur duffer or interested in taking the game more seriously, author Robert Thompson advises that you seek out the help of professionals when getting back into the swing of things. ISTOCKPHOTO/THINKSTOCK

Shape up for another season

JASON MENARD
For Metro

Golf season is upon us — and in some cases, thanks to an early spring and almost non-existent winter, it's already here. But according to one of Canada's top golf authors, the worst thing the casual golfer can do to get back into the swing of things is to get up to the tee, then grip it and rip it.

"People go out to the course out of golf shape and end up hurting themselves," explained Robert Thompson, SCOREGolf's senior editor and bestselling author, who penned the book Going for the Green: On the Links with Canada's Business and Political Elite. "In Canada, especially, it's very easy to lose what worked well the season before. Many people stop playing in September and don't pick up a club until May."

Whether you are an amateur duffer or interested in taking your game more seriously, Thompson suggests calling in the pros.

"If it's good enough for Jack Nicklaus, it's good enough for everyone," Thompson said. "Every year he'd say, 'Pretend I've never played before. Let's look at my grip, my positioning, my stance, my swing.' Go see a pro, get assessed and focus on one or two things to improve."

The advantage of consulting with a professional, Thompson explained, is that instead of merely hitting bucket after bucket of balls off a tee, you can develop a personalized development program.

"Some people like to go out and hit balls, but really have no idea why," he said. "If you follow a program, and practise the routine and drills, you'll make more progress — it may not seem like it at first, but it will get better.

"Even if one thing's out, you're not going to play as well and you're not going to enjoy the game as much."

There are little things you can do to help put you in the best position to succeed. Following the programs offered by the Titleist Performance Institute, developing a stretching and exercise regimen, and visiting off-season simulation facilities can help.

Thompson also added that something he does every year is to have his clubs re-gripped and checked.

"You can get a lot out of having the grips changed once a year," he said. "And if you travel with your clubs, they can get pretty banged up. Take them to have the lie and loft checked and make sure they're where they're supposed to be.

In the end, the key is remembering that there are no quick fixes. "You can go out and spend over a thousand dollars on clubs, $300 on balls and think you're going to buy a new game," he said. "What people need to remember is that golf's an awfully difficult game. It's not easy to learn."

Online links

- **Titleist Performance Institute:** mytpi.com/
- **Indoor golf simulation is available at Bob Martin's:** golfwithoutlimits.com/
- **List of courses in the Greater London area:** scoregolf.com/greater-london-golf-courses

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London's links among the province's best

Forest City. Courses cater to everyone from first-timers to veterans of the game

JASON MENARD
For Metro

The City of London runs five full golf courses, offering 90 holes over three locations. ISTOCKPHOTO/THINKSTOCK

The London area is a veritable hotbed of golf activity — with the oft-repeated phrase that there are more golf courses per capita in this area than anywhere else in North America. But you don't have to be a scratch golfer to hit the links in and around the Forest City as there are a number of courses and facilities that cater to everyone from the first-timer to the lifelong links lover.

The City of London runs five full courses, offering 90 holes of golf over three locations: Thames Valley Classic and Hickory courses; Fanshawe Traditional and Quarry; and River Road. All courses are now open and details on membership rates and individual green fees can be found at golf.london.ca. One advantage to obtaining a membership from London's public courses is that your membership is good for all three locations.

Beginner golfers often find their way to East Park Golf Gardens, an executive course that affords newer and younger players the luxury of a less-pressured environment, while still offering an enjoyable experience for more experienced golfers.

A 2001 survey conducted by what's now known as the Golf Association of Ontario of the industry's top pundits and professionals rated the top 50 courses in the province. The London Hunt & Country Club finished 16th out of 50 and Sunningdale Golf & Country Club placed 49th.

In a more recent rating by SCOREGolf.com, GreenHills Golf & Country Club was rated higher than both of the aforementioned courses (8.0 of 10 for GreenHills, 7.47 for the Hunt Club and 7.43 for Sunningdale). Of the three, GreenHills is listed as a semi-private course.

On that same SCOREGolf.com rating, Forest City National Golf Club is the highest-rated public course. Forest City National has hosted a variety of marquee tournaments over its history, including the 1998 Canadian PGA Open.

But before you hit the links, you may want to consider visiting a driving range. East Park offers a driving range facility, as does the newly renovated GolfLand facility out by the airport. Under new management, this location features a nine-hole golf course and an updated driving range facility.

And local golfers know that a solid round is less than a half-hour's drive in any direction. From Belmont to Komolka; from Strathroy to Port Stanley, London is truly a duffer's dream.

For more information about local courses, visit scoregolf.com/greater-london-golf-courses.

For more information about London's golf courses, visit golf.london.ca. ISTOCKPHOTO/THINKSTOCK

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Clothes that combine fashion and function

JASON MENARD
For Metro

Even if your swing resembles something out of Charles Barkley's nightmares, you can still look like you belong on your local course thanks to clothing developments that combine both fashion and function.

"The popular clothing trend is still moisture-wicking fabrics, made from a polyester material that wicks sweat and water away from your body," explained Darren Allison, a co-owner at Bob Martin's Golf, Ontario's leading independent golf retailer. These clothes allow golfers to remain cooler and dryer, especially as the mercury rises during the summer.

But as any Canadian golfer knows, today's humidity can turn into tomorrow's frigidity. "You're seeing lots of layering pieces early in the season," he said. "People will choose Under Armour or Adidas-branded tight-fitting layer pieces under sweaters."

And as more and more athletic types embrace the game of golf, so too are their fashion choices reflecting that dynamic. "You're getting a little more of an athletic look — brighter colours and tight-fitting sweaters," he said, adding that in addition to looking good, tighter clothing has some benefit for your game. "The tighter-fitting clothes allow you to swing the club more freely."

As dapper as the Ben Hogan-style hats may be, Allison said that casual style still rules the day in terms of headgear. "Baseball-style hats are still the most popular," he said. "But more people are starting to use that hanging-basket style of hat to protect the back of their necks and ears from the sun."

Golf shoes have made the jump from gaudy to stylish over the years, with some of the top names in athletic shoes joining the fray.

Brands like Adidas, Puma, and Nike offer cleats that range from stylish formal-looking footwear to more casual athletic-style shoes.

Early in the season, wet conditions can still be a factor, so many golfers prepare for the elements using specialized gear. Callaway Golf has its own "Weather Series" line of clothing, which ranges from convertible jackets and rain pants to fleece vests and sweaters. And, of course, under it all is the compression mock base layers.

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What's new. Technology keeps making the game more accessible

With the world literally in the palm of our hands, we see the benefits of technology each and every day. That commitment to development extends to the links, as new technology has made the game more accessible to players of all abilities.

Darren Allison, a co-owner at Bob Martin's Golf, Ontario's leading independent golf retailer, explained that new club and ball technology can help correct those persistent hitches and kinks in an amateur golfer's swing.

"This year's hottest new advancement is probably TaylorMade's RocketBallz RBZ fairway woods and hybrid clubs," Allison explained. "There are also drivers with an adjustable head for loft and face. You can open it, close it — it's good for the occasional golfer as you can set it to correct a particularly nasty slice."

Ball technology continues to develop for golfers. ISTOCKPHOTO/THINKSTOCK

Ball technology continues to develop, with old standard Titleist still leading the pack. But a surprising name has joined the fray — Bridgestone. "These balls feature different cores and more layers," Allison explained. "They're more lively and golf balls are definitely longer than they were 15 years ago."

While not saying that golf technology has reached a plateau, it is going to be harder to find room for improvement due to restrictions in the game's rules.

"It's tough to say what's going to come next. You can't make the club heads any bigger, legally," he said, adding the future may focus on cosmetics. "Some companies are releasing clubs with all-white heads. It's not a game benefit; it's a marketing benefit."

One of the most advantageous pieces of golf technology isn't something you swing or hit — it's something you hold in the palm of your hand.

"GPS and range finders are great tools — they can let you know exactly how far you are away from the pin," Allison explained. "Most of the courses are mapped out, so all you have to do is search for the course in the menu and you're ready to go."

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The social aspect is just one of the many benefits of heading out to a golf course for a round. INGRAM PUBLISHING/THINKSTOCK

The many benefits of golf

Not just a good walk spoiled. A day on the links tests physical and mental abilities

PETER DOYLE
For Metro

Golf is a unique sport — while it is incredibly difficult to master, it is remarkably easy to play at a beginner's level. And the physical, mental, social and professional benefits of golf are accessible to anyone, regardless of ability.

Physical
Golf can be good exercise, particularly for players who carry their clubs through a round of 18 holes. Even the best golfers will walk five to seven kilometres during a round; beginners with poor aim can expect to walk much more. And given that many courses feature rolling hills, golfers who carry their clubs for 18 holes typically burn more than 400 calories per round.

Golf's swinging motion helps tone the arms, back and shoulders, and increases flexibility and range of motion. Golf can also improve hand-eye co-ordination and balance. As a sport for people of all ages, golf is a great way to get seniors active and to encourage children to take up a lifelong, healthy habit.

Mental
Golf's challenges are as much mental as physical; players must repeatedly focus their attention on striking a ball with a club — a feat that appears relatively easy, but is actually quite difficult. Mastering the ability to concentrate on a single task, particularly in our modern, multi-tasking, hyper-connected era, is extremely beneficial because it carries over into so many other aspects of life. The ability to focus on future opportunities while letting go of recent failures is another valuable mental skill.

Getting out in the great outdoors can be a welcome tonic. For many players, golf relieves stress and serves as an escape from the doldrums of day-to-day life. Research has shown that playing golf releases endorphins — powerful, mood-enhancing hormones — that improve mood and attitude.

Social and professional
Golf can also benefit your social life and professional status. The five hours or more it takes to play 18 holes leaves lots of time for conversation. And most courses stage regular social events, such as tournaments and league nights, that will enable you to play with golfers you don't know. On the professional side, golf has long been associated with forming new business partnerships and closing deals.

Etiquette is just as important as score

Regardless of ability or experience, all golfers are expected to follow the etiquette of the game: A series of (mostly) unwritten rules that govern behaviour.

Here's quick primer on golf course etiquette:

General
• Arrive early.
• Ensure you have enough balls, tees and clubs.
• Obey all dress codes (most courses do not allow T-shirts and cutoff shorts).
• Control your temper at all times (never throw clubs or shout obscenities).
• Be honest about your score: Count every stroke.

On The Tee
• Always allow the player with the lowest score on the previous hole to hit their tee shot first.
• Never stand ahead of the player about to hit.
• Remain totally silent and still while a player prepares to hit.
• If you make a divot while driving (tear away a piece of turf) always repair it with the sand mixture provided or by replacing the divot.

On The Fairway
• Always move to your ball as quickly as possible (as long as you don't interfere with another player's shot).
• If you suspect your ball may be difficult to find (e.g. out of bounds), let the rest of your group know that you will go look for your ball and will be ready to hit when it's your turn.
• A golfer should always be ready to play a shot when it's their turn. When you get to your ball, decide which club you will hit, then watch others hit until it's your turn.
• The player furthest from the hole is always next to hit, regardless of how many shots anyone in the group has taken.

On The Green
• Take note of all balls on the green (and on the fringe); never walk on the line between a ball and the hole. Large steps or jumping is to be avoided because it can compress the ground and affect the roll of the ball.
• Always wait for all golfers to hit balls onto the green before removing the flagstick.
• To avoid damaging the surface, never drop the flagstick on the ground.
By honouring golf's etiquette, you will earn the respect of your fellow players — regardless of how you score.

PETER DOYLE

Don't be like Tiger Woods and throw tantrums on the golf course. THE ASSOCIATED PRESS FILE PHOTO

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5 keys to a great swing

BRIAN KENDALL
For Metro

Amateur golfers should try to slow their swings down and play within their abilities. ISTOCKPHOTO/THINKSTOCK

Balance

Canadian golf legend George Knudson liked to compare the ideal golf swing to the elegance and perfect balance of a ballet performance by Mikhail Baryshnikov. Many weekend golfers hit consistently poor shots because they lose their balance trying to emulate the rapid-fire swings of PGA Tour stars. Almost all would benefit by slowing things down and playing within their abilities. The goal is to swing with the same smooth rhythm on all shots with all clubs, from driver to putter.

One-Piece Takeaway

The first few inches of the backswing usually determine how effective a shot will be. A low one-piece takeaway — rather than an almost immediate lifting of the club — widens the swing arc, maximizes distance, and improves accuracy. Try to think of the club shaft as a continuation of your lead arm. Hands, arms and the club move smoothly back together as the body begins its natural turn in the backswing.

A Compact Swing

Emulating long-hitting John Daly, high handicappers often take their club well past parallel at the top of the backswing in an attempt to maximize distance. But a shorter and more controlled backswing is far more likely to find the fairway and lead to lower scores. The easiest way to develop a compact swing is by keeping your elbows consistently tight to your body from address to finish. Flailing elbows inevitably lead to sloppy and inconsistent shots.

Stay On Target

Even scratch golfers will occasionally watch mystified as their shots stray off-line. One great way to improve accuracy is by consciously extending the club head down the target line for an instant longer following impact. Extending the impact zone will automatically lead to a full extension on the follow-through and a nice, high finish.

Hold Your Finish

Knudson, one of the premier ball-strikers of his generation, spent more than a year learning to emulate the perfectly balanced finishing position of his hero Ben Hogan.

A smooth finish improves your chances of making a great shot and is the natural conclusion of a successfully executed golf swing. Practise by holding your finishing position until your shots have landed and stopped bouncing. This will force you to finish every swing in perfect balance — just like the pros.

BRIAN KENDALL IS AUTHOR OF NORTHERN LINKS: CANADA FROM TEE TO TEE.

4 steps to better golf

1 Make your mind your best club. Golf demands an equal mix of physical ability and mental focus. To enjoy the game, a player must learn to let go of negative thoughts and approach each shot as a fresh opportunity. A consistent pre-shot routine is essential to mental focus. Once you develop a routine, follow it every time. Visualize each shot — see the ball's flight in your mind's eye. Eliminate negative thoughts, particularly once you begin your swing. If negative thoughts enter your mind, walk away from the shot and start your routine over again.

2 Be a swinger, not a hitter. Hitters tend to use their arms to power the club, while swingers rely on their hips and core. In general, swingers tend to have an easier time of it. Hitters often struggle to hit with just the right amount of force every time. Balance is also an issue — if you have to move your feet during or immediately after a shot, you are not balanced. Use a relaxed grip and swing the club as effortlessly as possible.

3 Swing from your hips: The best golfers use their core: Once they have completed their backswing, their hip muscles initiate the swing. A common misconception is that the harder you swing, the further the ball will travel. In fact, the opposite is true; consistent distance has more to do with balance and alignment than it does with muscle power.

4 Practise like you play: Most people at the driving range hit drive after drive after drive — something they will never do on a real course. Your game will benefit much more if you start with a good warm-up and then hit a mix of different shots. Play pretend holes of various distances. Pick a spot on the range and drive for that spot; if you come up short, add that yardage to your next shot. This way, you might end up hitting a drive, followed by an approach and a pitch or chip shot. If you mis-hit a shot, you will have to recover by hitting another one — much as you would on an actual course.

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Short game. Put more emphasis on putting

BRIAN KENDALL
For Metro

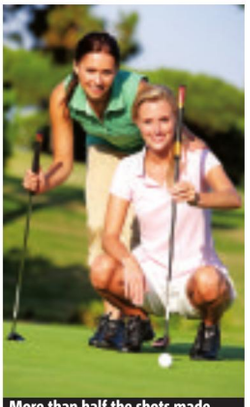
"Putting is inspirational, not mechanical," says Jack Nicklaus. "Most makeable putts are missed because of fear or a negative attitude."

True, but a firm grounding in the mechanics of a technically sound, repeatable putting stroke can help even self-doubting duffers sink more putts.

Most modern instructors agree that the shoulder-controlled, pendulum-style stroke is the surest path to consistent putting.

Start by taking your normal address position parallel to the putt's intended path. Your palms should be placed over the putter's grip in a downward praying position, forming a natural triangle between your hands, arms and shoulders.

Now, keeping your head and lower body perfectly still, simply rock your shoulders so that the triangle moves smoothly back and through the ball. Your left shoulder (for right-handers) rocks down on the backswing, then up on the follow-through. With practice, the putter head should stay consistently on line through impact.



More than half the shots made during a round are on the green.
MONKEY BUSINESS/THINKSTOCK

Practice is the key.

Too many players spend most, if not all, of their practice time pounding balls with drivers, woods and irons. What they forget is that more than half the shots made during a round by even scratch golfers are on the green.

Equally essential is maintaining a positive attitude when you stand over a putt. Great players have the ability to almost will the ball into the cup. Loosen your death-grip on the club, take a deep breath, and focus on the back of the ball, giving it a solid and confident tap toward the hole.

Finally, cut yourself some slack — and reduce your stress level — by scaling down your expectations. On long putts, for instance, tell yourself that you will be happy with anything within, say, three feet of the cup. You will be amazed by how many long putts you will start to hole once you are not trying so hard.

Jittery over short putts?

The secret is to remember that the cup is actually more than 2½ times wider than the ball's diameter. There is plenty of room in there for your ball.

BRIAN KENDALL IS THE AUTHOR OF NORTHERN LINKS: CANADA FROM TEE TO TEE.

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Think before you swing

BRIAN KENDALL
For Metro

Golf is even more a mental than physical game. Just as in chess, it's vitally important to think two or three shots ahead. The fewer mental errors you make, the lower your score.

It's not rocket science. If you consistently spray shots with your driver, then on tight holes reach for a three-wood, five-wood or another club that will keep you on the fairway. Hate playing out of sand? Then always try to play away from bunkers. Can't chip to save your life? Better to use a putter whenever possible from off the green.

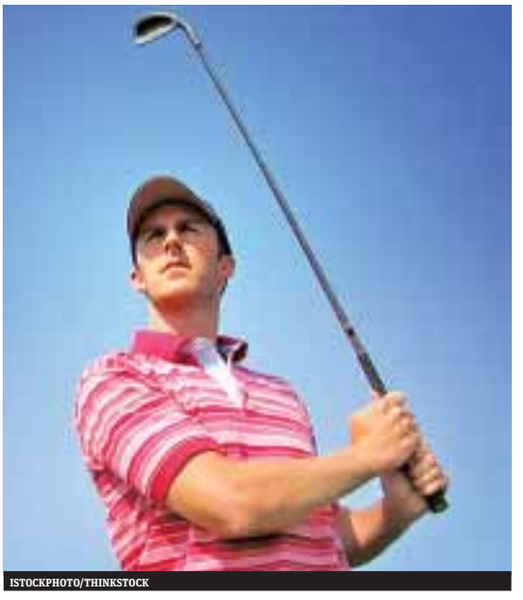
And, yet, most weekend golfers consistently throw away shots by trying to emulate the herculean efforts of PGA pros. But it's far better to accept your limitations. Don't even think of trying a shot you realistically know you have less than a 50 per cent chance of making.

Follow this sensible formula and you will be amazed by how quickly your handicap shrinks. Golfers now shooting around 90 on average can clear-think their way into the low 80s — and maybe even occasionally sneak into the high 70s. The key is to turn double-bogeys into bogeys and avoid blow-up holes by setting out to play every hole with a common sense plan.

STOCKBYTE/THINKSTOCK

Say, for instance, you are on the tee of a difficult 440-yard par 4. It's not likely you will be able to reach the green in two shots. So why try?

Better to play a smooth three-wood out to the middle of the fairway, and then hit your second shot with whatever club will get you to 80 yards — or so — from the green. All you have to do now is pitch the ball somewhere safely on the green and two-putt for a bogey. You might even sink the putt for par.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Remember, the correct shot is always the one most likely to give you the best results. Keep the ball in play and the double-bogeys and blow-up holes will quickly disappear from your scorecard.

BRIAN KENDALL IS THE AUTHOR OF NORTHERN LINKS: CANADA FROM TEE TO TEE.

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Let the Flyers-Penguins 'bloodbath' series begin

NHL. Pittsburgh's Crosby, Malkin poised for return to post-season while downplaying Philadelphia's trash talk ahead of Game 1

Evgeni Malkin, right, celebrates his 50th goal of the season with teammate Sidney Crosby against the Philadelphia Flyers Saturday in Pittsburgh. GENE J. PUSKAR/THE ASSOCIATED PRESS

Sidney Crosby and Evgeni Malkin spent last spring watching their Pittsburgh Penguins teammates try to carry on without the injured stars, a burden that became too much during a seven-game loss to upstart Tampa Bay in the opening round.

A year later, the helpless feeling of trudging around in a suit while the franchise they expected to carry to a Stanley Cup floundered on the ice below them remains fresh.

The memory of the long ride down the elevator from the press box to the quiet dressing room following a listless 1-0 defeat in Game 7 is why Crosby never considered shutting it down this season despite a 15-month battle with concussion-like symptoms and Malkin became arguably the best player in the world while playing on a completely rebuilt knee.

It's also why neither player is eager to engage in a war of words with rival Philadelphia in the run-up to Pittsburgh's first-round meeting with the Flyers starting Wednesday.

The opponent is almost immaterial to two players used to writing "playoffs" on their calendar every season in ink, not pencil.

"I think, if anything, you just appreciate being in the playoffs even more," Crosby said. "It's not an automatic thing."

Neither is getting past the first round for the NHL's most potent team.

Pittsburgh enters the post-season with the league's best record since Jan. 1 and a roster eager to bookend the Stanley Cup the Penguins won in 2009.

They're healthy. They're surging. And they're wary.

Not bad for a team rebuilt on the fly.

Philadelphia traded popular veterans Jeff Carter and Mike Richards following a second-round loss to Boston last year, yet barely missed a beat.

The players change but the mindset in Philadelphia does not. The Flyers are still aggressive, both on the ice and in front of a microphone.

Coach Peter Laviolette didn't hesitate to call Pittsburgh's Dan Bylsma "gutless" for sending out a checking line in the late stages of a 6-4 Philadelphia win on April 1, a move that led to a brawl following Joe Vitale's punishing — if clean — hit on Philadelphia's Danny Briere.

Perhaps, but the Flyers have a way of getting underneath the skin of an opponent. Forward Scott Hartnell embraces the villain role better than any player in the league.

He talked openly about wanting to punch Malkin, Crosby and defenceman Kris Letang in the face if given the opportunity and has predicted the series will turn into a "bloodbath."

THE ASSOCIATED PRESS

Keystone State clash

The Flyers have ruled their rivalry with Pittsburgh.

- The Flyers won four of six meetings between the two teams this season.
- The Flyers are 5-1 against Pittsburgh at the Consol Energy Center since it opened in 2010, with their only loss coming in last Saturday's meaningless regular-season finale.

Red Wings vs. Predators

Top goaltenders Rinne, Howard stand tall ahead of Game 1

Pekka Rinne GETTY IMAGES/FILE

Pekka Rinne fills up so much of the net at six-foot-five, and the Nashville goaltender led the NHL with 43 wins while facing more shots than anyone else.

Jimmy Howard was on quite the run for Detroit himself, leading the league in wins and on pace to top Terry Sawchuk's franchise record of 44 victories himself before breaking his index finger and then injuring his groin.

Nashville already has home-ice advantage in this first-round series starting Wednesday night, and the Predators also feel they have the edge in net thanks to Rinne. They will need Rinne at his best if they are to beat their Central Division foe for the first time in three post-season tries.

THE ASSOCIATED PRESS

Maple Leafs general manager Brian Burke responds to questions in Toronto Tuesday. CHRIS YOUNG/THE CANADIAN PRESS

MLSE mea culpa. Leafs brass says sorry for yet another playoff no-show

Shaken, humbled and apologetic. This is the Toronto Maple Leafs as they've seldom been seen.

General manager Brian Burke capped another failed season Tuesday by echoing the mea culpa issued from other key members of the organization that now owns the NHL's longest playoff drought of eight years.

"We have the best fans in the National Hockey League and all of pro sports and we need to deliver more," Burke said during a relatively low-key 30-minute session with reporters. "That loyalty needs to be rewarded."

His remarks followed an open letter to fans from Maple Leafs Sports and Entertainment chairman Larry Tanenbaum that ran in newspapers and on the team's website, asking for forgiveness. A similar note was sent to season-ticket holders.

THE CANADIAN PRESS

4 SPORTS

Quoted

"Patrick is impulsive and a guy who says what he thinks. When you win, the media are OK, but when you lose, you become a target. And Patrick, as coach, would be more of a media target because of his temperament."

Guy Lafleur on Tuesday. The Montreal Canadiens legend isn't among those who believe former all-star goaltender Patrick Roy should be the team's next coach. The Canadiens recently fired GM Pierre Gauthier as the team limped toward the end of a disastrous season.
And they will also probably be looking for a new coach this spring to replace Randy Cunneyworth, whose coaching title carries the "interim" tag.

"I'm not saying he couldn't do it, but I'd see him more as general manager."

Guy Lafleur

On the web

Canada hammered Russia at the women's world hockey championship on Tuesday, but Canadian captain Hayley Wickenheiser wasn't satisfied — particularly with the Russian hockey federation. Scan the code for the story.

5 DRIVE

Top Gear

EFI swap made easy

The mere mention of switching to fuel injection from carburetion is likely enough to send many old-school car guys into convulsions, but the benefits are so overwhelming — better fuel economy, mid-range power, easy starting, less evaporative emissions, and, oh yes, it's not a carburetor — that a change is hard to ignore. And with systems coming on stream that are easy to install and set up, there's really no time like the present. MSD's new Atomic throttle-body fuel-injection system needs just eight wired connections and a single fuel line (just like a carburetor) with no computer programming necessary. It uses your current four-barrel intake manifold and linkage, and you can even use your current air cleaner assembly. There's a fantastic installation/setup video that should take any fear out of the conversion at atomicefi.com.

On the Web

Scan code for more car reviews and news

The lighter side of luxury

ALL PHOTOS WHEELBASE

Backing up

Infiniti has made most of its advanced electronic safety and crash-avoiding accessories available for the JX, plus a couple of first-time features. Leading this group is Backup Collision Intervention (BCI) that, when the JX is reversing, can detect vehicles in close proximity or crossing diagonally behind and apply the brakes.

The power lift gate gives you access to the largest cargo hold in its class.

All-wheel-drive

For the Canadian market, the JX comes standard with an on-demand all-wheel-drive system that directs 100 per cent of the engine's torque to the front under normal driving conditions, but can split off half to the rear wheels to maximize grip under slippery conditions.

2013 Infiniti JX

- **Type.** Four-door, all-wheel-drive luxury wagon.
- **Engine (hp):** 3.5-litre DOHC V6 (265).
- **Mileage:** L/100 km (city/hwy) 11.5/8.5.
- **Base Price (incl. destination):** $46,900.

Engine

The heart of the JX is the same familiar 3.5-litre V6 that can be found on a number of Nissan/Infiniti products. For the JX application, it produces 265 horsepower and 248 pound-feet of torque. That's not a lot of thrust for this category, especially when non-luxury seven-passenger brands like the Mazda CX-9 pack more power.

Review. Sitting pretty with seven-passenger utility and a smaller footprint

MALCOLM GUNN
Wheelbase Media

It's said that portion control is an essential part of any successful weight-loss program. That appears to be what Infiniti is practising with its scaled-down seven-passenger JX35 wagon.

Nissan's premium division currently markets the eight-passenger QX56 that uses Nissan's Titan truck chassis and 400-horsepower V8. But it demands a $75,000 entry fee and possesses a significant appetite for fuel that requires increasingly deeper pockets to satisfy.

It also checks in at a chunky 2,545 kilograms, which makes it a less-than-lithe dance partner on the highway or when negotiating a parking spot.

By contrast, the spanking new JX35 carries up to seven people across three rows of seats, but due to its passenger-car construction and smaller engine, it weighs about 365 kilograms less than the QX.

It also touts a base price that's about $30,000 shy of its bigger sibling.

The JX gives Infiniti buyers another option in a category that includes the Acura MDX, Buick Enclave, Volvo XC90 and Lincoln MKT.

They now represent the luxury-class sweet spot as more buyers defect from the traditional sport utility vehicles to more size and fuel-efficient models.

At $46,900 including destination charges, the JX35 makes a strong case for consideration in the luxury wagon bracket, where being in shape and packing the right gear gets you noticed every time.

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Auto lighting: More than just pretty colours

Driving Force.
According to Ford, interior lights are important factors to drivers

JIL MCINTOSH
Drive@metronews.ca

Light and colour can be powerful forces, affecting our eyes and even our moods and perception. That can be very important when you're driving so automakers design their interior lighting to reduce eye strain, draw your attention to important information and make the vehicle soothing and comfortable.

"We look at how people interact with colours," says Mahendra Dassanayake, technical leader in opto-electronics for Ford Motor Company.

"Lights, graphics and displays are critical to drivers [and] we need to make sure that the information is presented to the customer in an effective way."

On the upcoming redesigned Ford Fusion, drivers will be able to select the car's ambient lighting from a choice of ice blue, blue, purple, orange, red, white or green. The company says that ice-blue lighting is a particularly strong choice, since it can help keep occupants more alert, and makes it easier for drivers to notice other information the car is providing. Green relaxes people, who breathe slowly and deeply in its presence. Orange is described as "outgoing and optimistic," while red evokes strong emotions and gets your attention right away.

Messages communicated via the instrument cluster are colour-coded as well.

"These are red, amber or green, depending on how critical the information is," Dassanayake says. Just as a traffic signals use these three colours to indicate stop, caution or move ahead, the car's warning lights are coded similarly. A mild warning such as a reminder from the tire pressure monitoring system would warrant an amber light, while an urgent one, such as low oil pressure, flashes red to immediately grab the driver's attention.

The company also uses colour-coding on its MyFord Touch system, an in-dash touch-screen that accesses the vehicle's climate, entertainment, telephone and navigation systems. With a different colour dedicated to each of the four areas, the driver can potentially find a specific function faster than reading each heading, which means less time looking away from the road.

Automotive lighting will continue to evolve as new engineering and technologies are developed, Dassanayake says. And the field is wide open: other than grey or brown, there are no colours that aren't open to consideration.

Did you know?

- Certain levels or combinations of light trigger enzymes in the brain, which cause emotional responses. Automakers use these responses when determining what type of lighting should be used for various functions.
- Auto lighting designers must take the outside environment into consideration: lights inside the vehicle must display equally well in daytime or nighttime conditions.

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Community Events

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Ramada Inn, April 12-15
UNLOCKING THE SECRETS OF TIME
mysticrootsconference.com

the TWIDDLE PLAYS ~ A Comedy
May 16-19th @the ARTS PROJECT
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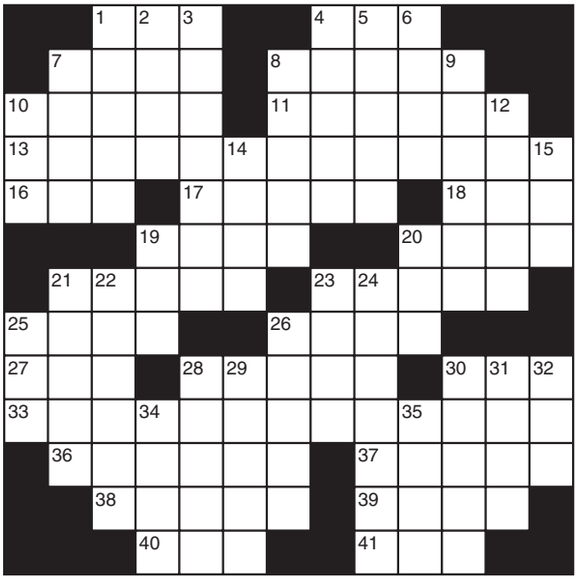
Crossword

Across

1 Hosiery shade
4 College stat
7 Met melody
8 BBQ load
10 Part of the flora
11 Juicy bit of gossip
13 It sucks
16 Attempt
17 Pay increase
18 Rotation duration
19 Count counterpart
20 Create
21 Resided
23 Exposes
25 Welsh veggie
26 Strictly entre —
27 Recede
28 Detroit team
30 Springtime abbr.
33 Thermoses
36 Impish one
37 Burst forth
38 Become one
39 Spectacles selection
40 Witness
41 Type measures

Down

1 Frequent Hepburn co-star
2 Japanese indigene
3 Neither sharp nor flat
4 Soccer scores
5 Cole Porter subject
6 — Romeo
7 Winged
8 Beany's pal
9 Soda-shop treat
10 Beetle Bailey's rank (Abbr.)
12 Plumbing problems
14 Shopping center
15 "Catcher in the —"
19 Comic-strip squeal
20 "— Doubtfire"
21 Preclude
22 PC pic producer
23 U2 lead singer
24 Spartan
25 Pentateuch bk.
26 Aristocratic
28 Money, especially when "filthy"
29 Mirror's offering
30 Graduates
31 Energizes, with "up"
32 Queue after Q
34 Works with
35 Spruce



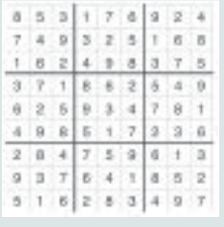
Sudoku

		6	4			3		
7	8			3	2			
9			7				4	
2				4				3
		9				1		
8				6				9
	1				7			8
			8	1			2	5
		8			9	6		

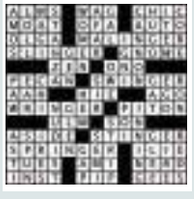
How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku



Yesterday's Crossword



Cryptoquip

How to play

This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

ZH HMA BKK, Z LTXRM KI DNRYAC BALOZF DAOA TXZFMZVACEQ GEZQNXJ Z JZVA KI FHONGA GKYAO.

Yesterday's Cryptoquip: SINGER JOHNNY AND COMIC JIM SHOULD'VE BEGUN A BUSINESS, GIVING IT THE TITLE CASH AND CARREY.

Today's Cryptoquip Clue: B equals Z

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Horoscope

Aries | March 21 - April 20. Just because someone is acting strangely does not mean they are up to no good.

Taurus | April 21 - May 21. The only thing you can be sure of is that you can't be sure of anything. If you keep that fact in mind at all times today, you'll do OK.

Gemini | May 22 - June 20. If you make a friend or family member a promise today make sure you are in a position to deliver.

Cancer | June 21 - July 22. No one expects you to be on top of your game every minute of every day, so why expect it of yourself?

Leo | July 23 - Aug. 22. People will pat you on the back and tell you what a great job you are doing. What you do today will be brilliant too.

Virgo | Aug. 23 - Sept. 22. You may find it hard to take someone seriously today but you must take what they tell you seriously.

Libra | Sept. 23 - Oct. 22. Something you hear will upset you today. It isn't aimed at you personally, so why be put out by it?

Scorpio | Oct. 23 - Nov. 21. You possess an unshakable belief in your own abilities. But you don't seem to understand why others have doubts about you. Make it your business to find out.

Sagittarius | Nov. 22 - Dec. 21. You may not see how the changes taking place in your world are for the best, but they are.

Capricorn | Dec. 22 - Jan 20. It's OK to visualize where you want to be ten years from now but it's what you do each and every day that builds the future.

Aquarius | Jan. 21 - Feb 18. You may be unhappy with a certain situation but it would be unwise to give up on it now.

Pisces | Feb. 19 - March 20. You are smart enough to find your own way out of a difficult situation but why not get some assistance?

SALLY BROMPTON

Caption Contest

"Till death do us part?"
Emily

YVES LOGGHE/THE ASSOCIATED PRESS

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